



# **How To Get Clear On What Matters Most ... To YOU**

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Step 1: List at least 5 things I am determined to experience. I will look back upon these one day with a grateful heart and a smile on my face!

No regrets!!!

1. \_\_\_\_\_  
\_\_\_\_\_

Why this matters to me: \_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

Why this matters to me: \_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

Why this matters to me: \_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_

Why this matters to me: \_\_\_\_\_

5. \_\_\_\_\_  
\_\_\_\_\_

Why this matters to me: \_\_\_\_\_



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## Step 2: Understanding Who I Am and Need / Want to Be:

My core values are (choose from list in separate document, or Google “core values” for examples):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Who am I going to need to be to make my dreams real?

(Note what habits or beliefs you may wish to change or acquire, relationships that will need attention, skills you’ll need to learn, etc)

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_

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## Step 3: Steering The Ship - Taking Action

What can I choose to do, starting today, to steer me a few degrees closer to my dreams? List as many as you can think of, and then choose one. Do that, then choose another. Check them as you go!

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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- \_\_\_\_\_
- \_\_\_\_\_

Examples:

Suppose you want to learn more about money (or anything). Take a book about it out of the library. That's one thing. Read it. That's another. Go to a local seminar. That's another ...

Suppose you want to learn how to sail. Do an online search for an area sailing club. That's one thing.. Check Facebook for a group of people who sail. That's another. Join the group. That's another. Commit to going to an open house event. That's another. Go to the event! That's another ...